



Week of Dec. 10 – Dec. 16, 2008

Managing stress during the holidays

The holiday season is here, and many Airmen may find themselves wrestling with a combination of stressors during this time. Perhaps you're making holiday travel plans to visit loved ones or accommodating an influx of visitors in your own home. Or maybe you're stretching your dollars in tough economic times for a holiday dinner or special gift for a deserving spouse or child. Whatever the case, there is a delicate balance all Airmen must strike to cope with holiday stress.

Supervisors and Wingmen are encouraged to look out for signs of stress, and to reach out to each other if things become even a little overwhelming. Signs of stress may vary from person to person and situation to situation. Some significant signs of stress may include:

- Increased use of alcohol
- Behavioral changes (social isolation, deterioration in their appearance or work performance)
- Cognitive changes (slow or poor decision-making, decreased memory or concentration)
- Mood changes (continuously angry, sad or irritable, and/or frequent mood fluctuations)
- Expressed feelings of hopelessness and helplessness.

The key to stress management is early recognition. If you begin to feel “stretched thin” emotionally or physically, don't wait until you reach the point of helplessness or hopelessness. Seek help from a supervisor, friend or loved one. You can also enhance your ability to manage stress by eating healthy, exercising regularly, getting adequate rest, avoiding excess caffeine/alcohol and remaining within your financial means.

Assistance is also available through the Mental Health Clinic, Airman & Family Readiness Center, Family Advocacy Program, Chaplain Services, and Health and Wellness Center. For more information, contact any of these agencies or visit Military One Source www.militaryonesource.com.

Find Airman's Roll Call Online Here: <http://www.af.mil/library/viewpoints/>

Airman's Roll Call is designed for supervisors at all levels to help keep Airmen informed on current issues, clear up confusion, dispel rumors, and provide additional face-to-face communication between supervisors and their teams.